## CROSS-STRAIGHT GROOVE JOINT

## ABSTRACT OF THE DISCLOSURE

The present invention provides a stroking ball-type constant velocity joint including a plurality of straight grooves and a plurality of cross grooves. The straight and cross grooves can be disposed along the interior of the joint in alternating fashion. For example, a cross groove passageway can be positioned between two straight groove passageways. The inner joint member can include helical grooves extending in a right-hand direction and in a left-hand direction. The helical grooves can be disposed in alternating fashion such that a left-handed groove is disposed between two right-handed grooves.